



Richard J. Berry, Mayor

**Department of Senior  
Affairs**

Jorja Armijo-Brasher,  
Director

Anthony Romero,  
Assistant Director

Rhonda Methvin,  
Recreation Division Manager

**Center Staff**

Maria Agüero  
Center Manager

Antoinette Sigala  
Program Coordinator

Emily Montano  
Office Assistant

Vacant  
Program Assistant II

Barbara Chavez  
Program Assistant

Anthony Casaus  
General Service Worker

Richard Tucker  
Cook

Cynthia Garcia  
Kitchen Aide

# The Lava Flow Los Volcanes Senior Center Newsletter



**Effective  
Monday, July 31, 2017**

**For safety concerns  
south & west doors  
will remain LOCKED**

**PLEASE Always use  
MAIN Entrance Doors**



**Silver Horizons  
Food Pantry**

**Wednesday,  
December 6  
2:30 -4:00 pm**



**Happy Holiday & Be safe  
Mark your calendar!**

**Monday, December 25  
Monday, January 1**

**Los Volcanes will be closed in  
observance of  
Christmas Day & New Year's Day**



Hours of Operation	
Mon—Fri	8 am - 5 pm
Thurs.	8 am - 7 pm
Saturday	9 am - 1 pm
Sunday	Closed



CITY OF ALBUQUERQUE  BERNALILLO COUNTY  
DEPARTMENT OF SENIOR AFFAIRS



## **FOOD PANTRIES**

**2:30PM - 4:00PM**



***see below for dates and locations***

Silver Horizon's food distribution helps keep nutritious foods available to low income seniors who must make choices between buying groceries, paying utility bills, or buying medication. Seniors can generally receive meat and non-perishable items for up to 2 weeks of nutritious meals.

For more information about the Silver Horizon Program, call 505-884-8888



### **December Pantries**

Wednesday December 6 Los Volcanes Senior Center

Tuesday December 12 Bear Canyon Senior Center

Wednesday December 13 North Domingo Baca

Multigenerational

Tuesday December 19 Manzano Mesa Multigenerational

Wednesday December 20 Barelas Senior Center

Thursday December 21 North Valley Senior Center

Thursday December 28 Palo Duro Senior Center



If you have any news about your class, group or club that you would like to share with your fellow seniors, please submit it to the front desk by the 15th of the month and it will be submitted in the following months newsletter.

## From the Desk of the Manager

'Tis the Season to be jolly...the holidays are upon us, and it's the time to celebrate with our family members and friends. Old Man Winter has yet to arrive. The days are getting cooler and the sun is setting earlier. It is time to put up the tree and the trimmings and drink some hot cocoa at night or a nice hot cup of tea.

Construction is nearing an end. Recently, most of our classes have resumed with the exception of the classes that are normally scheduled in the Ceramic Room (#4). We are currently still housing the Share Your Care program. Thursday afternoon dances are scheduled to resume on Thursday, December 7. The computer lab (Room #1) will hopefully be open soon as well (no scheduled date) we know that many of you have been asking about breakfast and when we will resume to the normal breakfasts instead of continental. The kitchen is scheduled to open the week of December 18 (tentatively). Your patience and loyalty to Los Volcanes is greatly appreciated. Although the breakfast numbers have plummeted quite a bit, the lunch numbers continue to be consistent, almost 100 on a daily basis.

The very anticipated new pool table has arrived! It's been a great asset to the poolroom. We now have four pool tables for all of our members to enjoy. Thank You to Councilor, Ken Sanchez for the new asset. Also, on the list of priorities is a new bingo console. The paperwork has been submitted and hopefully by early February 2018, we should have the new machine.

Don't miss out on the Tree Trimming Event, scheduled for Wednesday, December 6, at 10:00am. This is your opportunity to help decorate the center and help us make it look festive and beautiful. We will be serving hot apple cider, hot cocoa and cookies. Don't forget to wear your favorite ugly holiday sweater. The annual Holiday party is scheduled for Wednesday, December 13, at 1:30pm. This is Los Volcanes intergenerational event. We invite the kids next door to come and sing holiday carols and enjoy a visit from Santa. We will be serving posole and other traditional dishes. A Mariachi is scheduled to entertain us with their musical expression.

We would like to wish everyone a Happy Holiday Season. We would also like to thank everyone for being patient and understanding during the construction. It hasn't been easy but it also hasn't been impossible. Come the New Year we can enjoy a new HVAC system, the cooling will be refrigerated (no more swamp coolers) and the heating will be comfortable. We will also have a new roof to last for the next 26 years. The construction crew has made sure to keep the center up and running and make it as comfortable as possible, a great big Thank you to the construction crew. Once again Happy Holidays and stay safe! We welcome the New Year 2018!



# Los Volcanes Senior Center DAILY & WEEKLY SCHEDULE

<b>Adapted Aquatics ...M, W, &amp; F</b>	8.00 am
<b>...M &amp; F</b>	12:30 pm
<b>Afternoon Dance.....Thur</b>	1:30—4:30 pm
<b>Bible Study..... Tues</b>	9:30— 11:00 am
<b>Billards.....M—Sat.</b>	Every Day (unless noted)
<b>Bingo..... Fri.</b>	1:15—4:00 pm
<b>Ceramics .....Fri.</b>	8:00 am—12:00 pm
<b>Chess .....Sat.</b>	9:00 am—12:45 pm
<b>Clay.....Mon.</b>	1:00—4:00 PM
<b>Crocheting..... Mon.</b>	1:00—4:00 pm
<b>Wed.</b>	9:00 am—12:00 pm
<b>Drawing.....Tues.</b>	9:00—11:30 am
<b>Euchre..... Tues.</b>	12:30—4:30 pm
<b>Flea Market.....Fri.</b>	8:00—11:00 am
<b>Friendship Coffee...Thursdays</b>	10:00 - 11:00 am
Sponsors	
October 12 Amerigroup Real Solutions/Advantage Plan	
October 19 United Health Care	
<b>Line Dancing.....Thur.</b>	
<b>Beginning</b>	9:00—11:00 am
<b>Intermediate</b>	10:10—11:10
<b>Mah Jongg.....Thur.</b>	12:30—4:00 pm
<b>Mexican Train.....Tues</b>	12:45—4:00 pm
<b>Party Bridge.....Fri.</b>	12:30—3:30 pm

**Subject to change due to construction**

<b>Pickle Ball.....M &amp; Tues</b>	9:30—11:00 am
	1:30—3:30 pm
<b>Pinochle.....Wed.</b>	12:30—4:30 pm
<b>Plastic Canvas.....Thur.</b>	1:00—3:00 pm
<b>Poker.....Tues, Wed. &amp; Fri.</b>	12:30—4:30 pm
<b>Porcelain Doll Class Thur.</b>	9:00—11:00 am
<b>Pottery.....Wed.</b>	9:00 am—12:00 pm
<b>(Lab).....Thur.</b>	12:30—4:30 pm
<b>Rummikub.....Mon.</b>	12:00—2:00 pm
<b>Salsa Aerobics.....Thur.</b>	5:30—6:30 pm
	Sat. 9:30—10:30 am
<b>Sketching..... Thur.</b>	9:00—11:00 am
<b>Stained Glass.....Fri.</b>	12:00—4:00 pm
<b>Spite &amp; Malice.....Thur.</b>	1:00—3:00 pm
<b>Swedish Weaving.....Tues.</b>	11:30 am—2:30 pm
<b>Tai Chi.....Tues.</b>	11:30 am—12:30 pm
	Wed. 12:00—1:00 pm
<b>Tin Class..... Tues.</b>	12:15—5:00 pm
<b>Woodcarving ..... Tues.</b>	9:00—11:00 am
<b>(power) Wed.</b>	12:00—4:00 pm



## Los Volcanes LOST & FOUND

Looking for any items you may have left and/or lost.  
Lost & Found will now be left in the BILLARDS (Pool Room).  
Items will ONLY be kept WEEKLY. Friday afternoon  
ALL ITEMS will be DISCARDED





## Weekly and monthly events at los volcanes

### Birthday Party (Lobby)

Sponsored by:

Presbyterian Health  
Friday, December 1  
11:15 am—12:00 pm

#### **Defensive Driving—(AARP)**

**First** (open) Monday,  
(December 4)  
and a new class starts  
**First** (open) Friday,  
(February 2)

**9:00 am—1:15 pm** Room #2.  
Anyone 55+ may take this class  
Sign up at the front desk.  
Limit 20 people  
Cost: Members \$15/  
Non-Members \$20

#### **Ice Cream Social**

The 1st open  
Wednesday December 6  
11:15 am - 12:00 pm  
75¢

### **GEHM Clinic**

**Tuesday, January 24**

9:00 am - 11:00 am

Nurse-managed clinics  
Provide a variety of  
Health promotion  
services  
for persons 55 and over

### **Pie Social (Lobby)**

**3rd Friday December 15**

11:15 am - 12:00 pm  
.75¢ per slice



**Senior Citizen's Law Office**  
**10:00 am - 12:00 pm.** (Room 9)  
(4th Thursday)

Free legal services.  
One-on-One consulting services.  
Call for an appointment  
Senior Citizens Law Office  
505-265-2300

**Thursday December 28**

### **Thursday Afternoon Dances** **1:30—4:30 pm**

**Tickets on sale starting @ 12:30 pm**  
**\$3** per person, Doors open 1:25 pm  
Last Thursday of the month is **\$3.00**

Thursday, December 7—Desert Springs  
Thursday, December 14—Sonny Boys  
Thursday, December 21—Aguila Band  
Thursday, December 28 —El Gato Negro

## Presentations

### HOW TO STAY OUT OF THE DOCTOR'S OFFICE

#### **Doctor King's Health Improvement Program**

**Wednesday, December 13 (2nd Wednesday)—10:00 am—11:15 am (Room 1)**



#### **Veteran Outreach**

**Veteran's Outreach—**Learn about  
State Benefits

Veteran Property Tax Exempt  
Disabled Veteran Property Tax Waiver  
Veteran License Plate

Disabled Veteran Parks and Museum  
Plus much more!!

**Make sure to bring your DD-214**

**Wednesday, January 24 10:00 am—1:00 pm**





## Events for Seniors

Join us for a  
**Tree Trimming Party**  
Wednesday,  
December 6, 2017  
**10:00 am - 12:00**  
Los Volcanes Lo



WEAR YOUR  
UGLY HOLIDAY SW  
Wednesday,  
December 6,



### Meet & Greet—Bernalillo County Treasurer Nancy Bearce Says “Your Money Matters”

□ Do you know where your money goes to?

□ Do you need help reading your tax bill?

□ What options are there for paying your taxes?

Bring your questions and concerns to an informational meeting  
with Bernalillo County Treasurer, Nancy Bearce.

Thursday, December 7th at 12:30 p.m.—Lobby



### Join Us for Volcanes Annual Holiday Party

Wednesday, December 13,

1:30 pm - 3:00 pm

Social Hall

Entertainment: Los Volcanes Childrens'  
Day Care  
& Mariachi Music

Special Guest - Santa Claus

Mark your calendar!

Monday, December 25

Monday, January 1



Los Volcanes  
will be closed  
in observance of  
Christmas Day  
& New Year's Day

### Trips

10 participants per van. Need 6 participants for 2nd van to go on any trip.

Must sign up at front Desk.

PLEASE Have Current Membership Card At Time Of Sign Up

All meals at your own expense

Trips, classes, and memberships will be available for sign-ups during the hours of:

9:00—11:00 am & 1:00—4:00 pm

#### LOCATION IN/RETURN

Christmas In Madrid

River of Lights

Bugg House Light Display

#### DATE

December 2—Sat

December 7—Thurs

December 16—Sat

#### COST

\$7 Transportation fee

\$3 Transportation fee

\$7 Transportation fee

#### CHECK

2:00 pm/9:30 pm

4:45 pm/9:00 pm

4:00 pm/9:00 pm

## Sports & Fitness @ Los Volcanes

### Adapted Aquatics

Taught in therapeutic 92° water, participants are led through range-of-motion exercises to help increase joint mobility as well as develop muscular strength. Call 880.2800/839.3710 for registration.

Aquatic exercise at The University of New Mexico, Olympic size swimming pool. Transportation \$.50

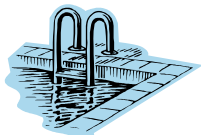
Must register by the 15th of every month at 505.767.5985.

**Monday, Wednesday & Fridays**

**Check in 8:00am—10:30am**

**Monday & Fridays**

**Check in 12:15pm — 2:30 pm**



### Line Dance

Beginning Line Dance -

Thursdays 9:00—10:00am

Intermediate Line Dance -

Thursday 10:10—11:10am



### Pickle Ball

**Mondays** 9:30—11:00 am & 1:30—3:30 pm

**Tuesdays** 9:30—11:00 am & 1:30—3:30 pm



### Salsa Aerobics

For men & women—a fun way to relieve stress, improve flexibility & build stamina!

The tempo of the music, the syncopated patterns of the Cha Cha, Mambo, Samba, & Rumba combined with the intensity with which you approach the exercises, makes this suitable for virtually everyone. Wear comfortable clothes & shoes.

\$3 per class

Thursdays 5:30—6:30pm

Saturdays 9:30—10:30am



### Tai Chi Classes

#### Tai Chi for Seniors

All Welcome

1st, 2nd & 3rd Wednesdays 12:00 pm—1:00 pm

Thursday 5:30-6:30 pm

Slow, **gentle** movement to build health & balance,

reduce stress, and heal from injuries. Presented in a brief way to balance the whole self: physical, emotional & spiritual. \$3.00 donation.

For more information on classes call Kay at 243-7018



### Suggestions

There was a full length mirror in the ladies restroom. Could another mirror be installed...especially when the activities such as dances are going on. I know ladies would appreciate to be able to check how they look.

Patricia Romero

Thank you for your suggestion. We will look into purchasing a full length mirror come the New Year!



A suggestion box is located at the front desk. Please feel free to submit suggestions and/or thoughts regarding the center. Positive feedback is also appreciated. Submit your comments in the box before the 15th of every month.



# **RSVP**

## **Lead With Experience**

### **Attention Retired Senior Volunteer Program (RSVP)**

**Volunteers:** Volunteer hours are due to the RSVP office no later than the fifth (5th) day of each month. When you report your hours to us, the City of Albuquerque can demonstrate how many hours that RSVP volunteers contribute to serving our community. If you are unsure whether or not you have turned in your volunteer hours or would like to register to be an RSVP volunteer, call 505-767-5225. **The Retired Senior Volunteer Program is now located at the Highland Senior Central, 131 Monroe NE, Central and Monroe behind Dion's Pizza**

The Foster Grandparent Program (FGP) Advisory Council needs members to join its efforts in promoting awareness and educating the community about FGP and senior issues. Council members advocate on behalf of FGP volunteers, evaluate the Program's effectiveness, and assist in the recognition of Foster Grandparents by raising funds and in-kind resources. The Council currently meets once a month at the Barelás Senior Center. For more information call 505-767-5225.

Silver Horizons New Mexico: food pantry provides food boxes to low income seniors. The ability to lift 25 pounds and be on your feet, sort and package food. Deliver food boxes/bags to home bound seniors. Please call 767-5225.

Meals on Wheels of Albuquerque is in need of volunteers in the kitchen any day Monday through Friday from 9 am-11am. Drivers are needed to deliver meals to the homebound any day Monday through Friday from 10:30 am – 12:30 am. (Use of personal vehicle is required). Please call 767-5225.

Catholic Charities needs volunteers for the following position. Senior Transportation Services Driver (Use of personal vehicle is required); agency gives mileage reimbursement. Volunteers will provide transportation to medical appointments, grocery shopping etc. door to door service. Please call 505-767-5225.

For at least three hours a week

Any day Monday – Friday

Manzano Mesa Senior Center Van Drivers Van drivers are needed at Manzano Mesa Multigenerational Center to drive for various in-town and out- of-town trips. Volunteers are reimbursed for lunch and admission on trips they drive. Volunteers are required to join the Retired and Senior Volunteer program and must obtain a City of Albuquerque City Operators Permit, (COP). Please call 505-767-5225.

## **Los Volcanes Senior Center Needs Volunteers**

### **Become a Los Volcanes Senior Center Volunteer—**

No experience is necessary. Training will be provided, (with the exception of instructors).

Learn how you can make a difference!

Bingo assistants, Coffee Servers, Drivers, Gift Shop Volunteers, Instructors, Language, Etc.

### **You Can Be a Senior Helping Seniors.**

The Senior Companion Program (SCP) is seeking seniors to visit and assist other seniors in their homes:

Senior Companions:

- Are 55 years of age or older
- Volunteer 20-40 hours a week
- Work with frail, at-risk, and/or isolated/homebound elderly

Senior Companion benefits include:

- Mileage reimbursement
- Supplemental accident and liability coverage while on duty
- Annual recognition event
- Stipend for those who are income eligible
- Initial and monthly training
- Meals reimbursement

SCP volunteers assist clients with paying bills, grocery shopping, errands, transportation to medical appointments, and light housekeeping. Most importantly, they provide companionship and develop friendships with their clients. Senior Companions can also provide respite service to family caregivers.

The assistance Senior Companions provide to clients and their caregivers often times allows recipients to remain in their home rather than being institutionalized, alleviates loneliness and helps to maintain a connection to their community. This service results in major health care cost-savings for seniors, their families, and communities.





**Senior Recipe Ideas Using Sugar Substitutes in Holiday Treats**—Holiday desserts can easily be made healthier, but they still need that familiar sweet flavor. For that, you would typically use sugar. In many of your senior recipes, you may be able to [substitute](#) honey, maple syrup, molasses, agave nectar or turbinado sugar for the granulated sugar. Those options aren't significantly healthier, but their stronger flavor means you can use less to produce the same flavorful results. You can also reduce the amount of sugar that your recipes call for. With many desserts, seniors won't notice if you use  $\frac{3}{4}$  of a cup instead of a full cup of sugar – and, you may even be able to cut the sugar down to  $\frac{1}{2}$  cup without any noticeable taste difference.

**Replace Saturated Fat in Senior Recipes for Holiday Sweets**—Fat-free desserts don't typically offer a satisfying flavor or texture on the palate, so you may not want to go that route in revising your recipes for senior residents. But, you can definitely trim some of the fat in your holiday sweets without taking away the flavor. With baked goods, you can try exchanging half of the oil or butter for unsweetened applesauce, mashed banana or another type of fruit puree. Your brownies, cakes and cookies will still be moist, tender and delicious, but they'll be lower in fat. If you have holiday dessert recipes that call for full-fat dairy, you can exchange it for a lower fat alternative. Choose low-fat milk instead, or replace dairy milk with almond or soy milk, and you'll reduce or eliminate the saturated fat in senior recipes.

**Reduce White Flour in Senior Recipes**—A major ingredient in many holiday dessert recipes – has very few vitamins and minerals. Replacing it with whole-grain flour can make sweets much healthier for your assisted living or nursing home menus. Although whole wheat is the most popular, many different types of healthy flour are available. Replacing white flour with the wheat variety gives your dessert treats a boost of nutrients and heart-healthy fiber. However, because whole wheat flour is coarser and can change the texture of your holiday sweets, it's best to replace only a portion of the white flour called for. Start with a fifty-fifty mix of each type, and gradually increase the amount of wheat til you reach the right balance. Or, you may want to try white whole wheat flour, as it has a milder taste and lighter texture.

Department of Senior Affairs—714 7th Street, SW—Senior Information Line— 764-6400

- \*Recreation
- \*Breakfast & Lunch
- \*Recreation & Learning
- \*4 Sports & Fitness Centers & Programs
- \*6 Senior Centers
- \*2 Multigenerational Centers
- \*Planet 50+ Activities
- \*Information, referrals, & assistance on senior concerns/issues.
- \*Linkage to senior services and to other community resources.

#### **Senior Social Services**

\*Senior Information Line—764-6400 For information & literature about other support services, such as personal emergency response systems, support groups, grocery stores & pharmacies that deliver to the home, assisted living facilities, nursing homes, hospices, homemaker agencies & case management programs.

- \*Transportation/Nutrition
- \*Home-Delivered Meals
- \*Satellite Senior Center—Recreation & Lunch
- \*Care Coordination—Comprehensive in-home assessment of persons aged 60+, linkage with appropriate services, & on-going follow-up.
- \*Home Chores—Chore services such as seasonal light yard cleaning & installation of smoke detectors for frail and/or low income Bernalillo County homeowner occupants aged 60+.
- \* Retrofit—Wheelchair ramps, grab bars, safety rails and bathroom safety equipment for income eligible disabled persons of all ages living within city limits. Services to income eligible county seniors aged 60+ as funding allows;
- \*Minor Home Repairs—Minor repairs for low income homeowner occupants over 60 within Bernalillo County, Non-licensed work only.



City of Albuquerque—DEPARTMENT OF SENIOR AFFAIRS—Nutrition & Transportation

**ATTENTION BREAKFAST PATRONS:**

**Due to a City of Albuquerque, Environmental Health Department directive, we will no longer be permitted to serve soft-cooked eggs.**

● This directive is due to Salmonella Enteritis's, which can be found in unpasteurized eggs, & can put highly susceptible populations at risk of severe illness.

● The Environmental Health Department has designated senior centers to serve highly susceptible populations.

● Cooking unpasteurized eggs to 145° for at least 15 seconds, destroys Salmonella Enteritis's.

● Sunny side up, over easy and soft scrambled eggs do not reach 145° and therefore will no longer be available at senior centers.

● Over medium, over hard and well scrambled eggs will still be available.

We apologize for any inconvenience this change in policy might present. Please call me or Bob Manymules, Food Production Supervisor 505.764.6457, for further information.

Nutrition & Transportation 505.764.6457

**DSA Meal Reservation Policy & Procedure**

**\$7.67 for guests under 50—\$3.25 for age 50-59—60 or older, donations are accepted to help cover expense of preparing the meal, however no one will be denied services for choosing not to donate**

1) **PLEASE CALL 767-5999 BY 1:00 PM. The day before, for reservations.**

2) Only number of meals ordered will be prepared for LVSC.

3) Those persons with reservations are served their meals first.

4) **Unclaimed meals are held until 12:30. At 12:30 pm clients who did not make reservation, but who does want to eat, can at that time.**

5) **NO FOOD ITEMS are to Be Taken OUT of Facility** to be consumed at later time, w/exception of apples, bananas, oranges or individually packaged items.



## **Los Volcanes Breakfast**

**\$1.50 Continental**

**(Temporarily due to Construction)**

**Coffee 30¢**



**December 2017**

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Turkey w/ Gravy

## Stuffing

## Green Bean Casserole

Dinner Roll w/ Margarine

St

<b>BMI</b>	
<b>Weight</b>	Below 18.5
<b>Category</b>	
Underweight	18.5 to 24.9
Normal or healthy weight	25.0 to 29.9
Overweight	30.0 and above